

BEAUTY

Courtesy of globetrotting beauty bloggers, here's an insight into some overseas secrets



Euro-sceptics? Not us!

FOR YEARS, clandestine discoveries made in Parisian chemists were shared by tourists and gradually gained a fanatical following among beauty aficionados. But now, thanks largely to the beauty blogger scene, the secret's out – retailers have cottoned on and these cult cosmetics are now more easily available in the UK. And not just the French ones, either. From Greek facial care to Spanish soap, and a German cream to treat your toes, these are the Euro stars to get acquainted with...

GERMANY Weleda Skin Food, £9.95

BigGreenSmile.com

SPAIN Magno La Toja soap, £3.75

PureSpain.co.uk



SWEDEN Sachajuan hair repair, £23
www.urbanretreat.co.uk

FRANCE: Bioderma Sensibio H2O micelle solution, from £4.50
Escentual.com

HOLLAND: Hema eye makeup remover oil, £1.75
HemaShop.com

FRANCE: Thalgo Micronized marine algae, £31.65
FeelUnique.com

GREECE: FrezyDerm face cream tinted SPF50+, £13.95
HunterandHeath.com

FRANCE: Embryolisse lait-creme concentrate, £13
www.boots.com

GERMANY Yavaped foot cream for cracked skin, £7.99
HunterandHeath.com

MY LEICESTERSHIRE

I'm devastated to hear that all this beauty could be lost

THE PROUD holder of more than 20 long-distance swimming world records, Julie "Madfish" Bradshaw is rarely out of the water. She has swum in locations all around the globe, from Lake Windermere in Cumbria to Lake Taupo in New Zealand – raising money for charity with every record attempt.

It's no surprise, then, that Julie's favourite Leicestershire location features water. Well, two small lakes.

Blackpool-born Julie has been visiting Garendon Park ever since she moved to Loughborough in 1983, to study for a degree in PE with sports science and history. "The first time I went there was during my student days, when I embarked upon an adventure and found myself running in this magnificent place," she says. "It was lovely to 'lose' myself in the moment, taking in the fresh air among nature.

"Being a swimmer, it was amazing to find a place that had beautiful buildings, nature, animals, and, of course, water to go with it."

Julie's swimming career had taken off four years earlier, in 1979, when, aged 15, she became the fastest British junior to swim the English Channel, a record that still stands. Her world record collection started in 1980, when she completed the Three-Way Windermere in 20 hours, 17 minutes.

After graduating, Julie bought a house close to the green space of Garendon Park. She still lives there and has continued to visit regularly.

She fondly remembers taking her first rescue dog, a lurcher named Barney, there most days, whatever the weather. Now, Julie can often be found in the park with her greyhound, Molly.

"I find being there very relaxing and peaceful and I feel grateful to have such an amazing place so close to where I live," says the sporting star.

Since swapping from front crawl to butterfly in the 1990s, Julie's records have included becoming the first person to swim

Dr Julie Bradshaw MBE, 50, is a world record swimmer, as well as a speaker, trainer, therapist, and Charnwood Borough councillor. Her favourite part of the county is Garendon Park, Loughborough



A WALK IN THE PARK: Record-breaking swimmer Julie Bradshaw PICTURE: LIONEL HEAP

butterfly in the Two-Way Lake Bala, Ireland, and the Triple Lake Taupo, New Zealand. She also holds the record as the fastest person to circumnavigate the 28.5-mile course around Manhattan Island, USA, using the butterfly stroke, in nine hours, 28 minutes.

In 2006, Julie was awarded an MBE for "services to swimming and charity". In the same year, she received an honorary doctorate from Loughborough University in recognition of her achievements.

Though she hails from "up north", she has made herself at home here in Leicestershire. She is a borough councillor for Charnwood and also runs her own therapy and life coaching service.

On top of this, she's a motivational and after dinner speaker, and a swimming coach for open water and Channel swimming training.

With such a hectic working life, there's not much time to relax. However, that just



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makes her visits to Garendon Park all the more special.

"The two small lakes feature lots of wildlife, and the running river water around there can be magnificent, especially after a heavy downpour, when it comes gushing under the bridge. I love to stand and watch and take in the beautiful sounds all around."

Julie puts The Outwoods, Beacon Hill and Watermead Park among her other favourite Leicestershire locations.

Garendon Park, though, is her number one.

"Water is close to my heart, as is nature, and in Garendon Park, it is all there."

However, proposals have been made to build housing on the site.

As a regular visitor for the past 31 years, Julie is unhappy about the prospect of her beloved beauty spot being destroyed.

"I'm devastated to hear that Garendon Park may be lost. There are definitely more suitable places and, like everyone, I really hope that this doesn't happen." m